

HEALTHY FOODS AND
HELPFUL ADVICE
FOR YOUR PREGNANCY.



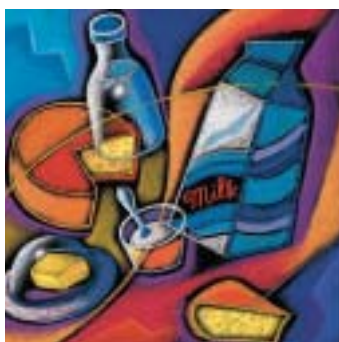
THAT'S WHAT WIC
IS ALL ABOUT.

BE GOOD TO YOURSELF. BE GOOD TO YOUR BABY. HERE'S HOW WIC HELPS.

If you're pregnant, you're already a mother. Your care and nurturing for your baby began the moment your baby started growing inside you. Every choice you make during your pregnancy must be based on what's good for you and your baby's health.

THAT'S WHY THERE'S WIC.

- WIC teaches you which foods to eat to stay healthy and help your baby's development.
- You'll learn which foods and beverages to avoid.
- You'll get guidelines on how much you should eat and weight you should expect to gain.
- To help put the right vitamins and minerals in your diet, you'll get a variety of delicious and nutritious foods — all at no cost.



PICK UP THESE WIC FOODS MONTHLY DURING YOUR PREGNANCY:

- milk
- eggs
- cheese
- dried beans or peas

- iron-fortified cereals
- juice

WIC IS HERE
FOR YOU AND
YOUR BABY
AFTER BIRTH.

WIC nutritionists
will help you
choose how you'll
feed your
newborn. To



encourage you to breastfeed, Loving Support counselors teach you what to expect, demonstrate how to breastfeed and are on call to assist when your baby arrives. Loving Support has helped thousands of women succeed in breastfeeding, even providing breast pumps in special situations.



Because it's so important for you to have the energy to take care of your baby, WIC will supply good foods you need — for up to a full year if you're breastfeeding.

If you decide not to breastfeed, WIC will provide nutritious formula for your baby. As your baby grows and until age 5, you can get cereal, juice and other important foods as long as your child remains eligible.

VALUABLE NUTRITION EDUCATION FOR BETTER HEALTH, PLUS GOOD FOODS THAT ARE GOOD FOR YOU AND YOUR BABY — ALL AT NO COST.

- WIC is a supplemental nutrition program for Women, Infants and Children who have a need based on income and nutritional risk. WIC helps many working women as well as those who receive other kinds of assistance.
- To see if you can qualify, call your county Health Department. Tell the clerk your total household income and number of people living in your house. If you appear eligible, you will be given a nutritional screening appointment and advised what to bring with you.
- It's very important to make the call, set the appointment and keep the appointment as soon as you discover you're pregnant.
- WIC has been shown to improve babies' birth weights and reduce anemia. As health professionals devoted to helping you give your baby the healthiest start on life, we urge you to contact us as soon as you learn you're pregnant. Every day counts when you're pregnant. We see the difference WIC makes. So, don't wait.

GET WIC - IT'S WORTH IT!

Have a friend or family member who needs WIC?
Please pass along this brochure.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

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